

Sesame Broccoli

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. CCP: Hold for hot service at 140° F or warmer. Portion with No. 16 scoop (¼ cup).
Chicken stock, non-MSG		1 1/2 cups		3 cups	2. In a pot, bring chicken stock, ginger, sugar, and soy sauce to a boil. Reduce heat and simmer for 5 minutes. CCP: Heat to 165° F or higher.
Ground ginger		1/8 tsp		1/4 tsp	
Sugar		2 Tbsp		1/4 cup	
Low-sodium soy sauce		2 Tbsp		1/4 cup	
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp	3. Dissolve cornstarch in cold water. Add to stock and cook for 3 minutes, stirring occasionally, until slightly thickened.
Water, cold		2 Tbsp		1/4 cup	
Sesame Oil		2 Tbsp		1/4 cup	4. Move sauce from heat and slowly whisk in sesame oil.

OR

Frozen chopped broccoli

OR

2 lb 2 oz

OR

5 lb 4 oz

6. Pour sauce over broccoli and stir to coat.

Notes
* See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz

Serving	Yield	Volume
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 12 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 5 lb 8 oz	50 Servings: 3 quarts ½ cup

Nutrients Per Serving					
Calories	30	Saturated Fat		Calcium	16 mg
Protein	1 g	Cholesterol		Sodium	73 mg
Carbohydrate	4 g	Vitamin A	758 IU	Dietary Fiber	1 g
Total Fat	1 g	Iron			